HOSPITAL OVERVIEW

North York General Hospital is a busy community teaching hospital with a strong primary care and community service delivery mandate. Clinical service and teaching is provided on two sites, the General and Branson Divisions. The Department of Psychiatry is one of nine priority programs treating patients of all ages including children, adults and the geriatric population. The Department of Psychiatry has an active 30-bed acute general psychiatry inpatient unit including 5 in the PICA (Psychiatric Intensive Care Area), in addition to geriatric inpatient and child and adolescent inpatient units totalling 46 inpatient beds. In addition, there is a full variety of services including an active three week 40-bed acute Day Hospital Program, as well as a less intensive two day per week Day Treatment Program. Other services include the Substance Abuse Program, ACT Team, and Child and Adolescent, Geriatric, Consultation-Liaison, and Court Support services. Emergency services are supported by highly skilled crisis team nurses available throughout the day to our busy community emergency room.

MANDATORY CORE ROTATIONS

Core Rotations are available in General Psychiatry (PGY 2), Child and Adolescent Psychiatry (PGY 3) and Geriatric Psychiatry (PGY 3)

General psychiatry is the clinical focus at North York General Hospital. The strength is real world general hospital psychiatry with all psychiatrists participating in inpatient or day hospital services as well as running a busy outpatient community practices. All active staff psychiatrists are required to be able to provide a full variety of general psychiatric services and possess skills for coverage of on-call services and consultation as required to all hospital wards. As a community hospital, North York General differs in clinical service delivery style from an academic health science centre. Most physicians regardless of discipline (paediatricians, obstetricians, etc.) use the hospital as their base and often return to their private offices in the community to run their own clinics. Supervising psychiatrists have in-hospital offices. North York General Hospital provides a unique opportunity for residents to experience the practicalities of working in this most common of general hospital psychiatric practice styles. A biopsychosocial model is used in our approach to patients and their families including pharmacotherapy, CBT, brief psychotherapies, group therapy and an ECT clinic, across the full breadth of psychiatric diagnosis.

Residents in the outpatient rotation will participate with their supervisor in the Adult Mental Health Outpatient Clinic, a busy clinic on two sites (General and Branson), with referrals primarily from our approximately 400 community family physicians. A large majority of our referrals are patients who have never seen a psychiatrist. This provides trainees the opportunity to be the first to make a psychiatric diagnosis and initiate treatments in their patients. Residents have the opportunity to see their patients get better within the duration of their rotations and
often be referred back to their community family physicians for follow up care or to one of our day treatment or community program partners.

The **Inpatient Unit** is a busy active acute stay unit divided into two Clinical Teaching Teams. Each team has two or three psychiatrists (including the supervisor), a resident, a clinical clerk in psychiatry and interdisciplinary staff including psychologists, social workers, nurses, pharmacy, OT and their students. Patients enter the program primarily through our emergency room, and occasionally through referrals from the ACT program or the consultation-liaison service.

**Psychotherapy supervision** can be provided for psychodynamic therapeutic models as well as cognitive behaviour therapy approaches. Day hospital and day treatment programs take a group therapeutic approach for interested residents. A primary care/shared care psychiatric outreach program is available to interested residents providing general psychiatric consultations in primary care physician’s offices within the North York community. Shared care models and community outreach are highly valued by the primary care physician community.

**Core Rotations:** General Hospital Psychiatry (PGY2) A core general psychiatry inpatient/outpatient blended or sequential rotation is available at North York General Hospital for three to twelve month duration.

**Supervisors:** Dr. Thomas Ungar, Dr. Robert Weinstein, Dr. Anne Ferguson, Dr. Mojgan Zare-Parsi, Dr. Goran Eryavec, Dr. Marie-Claude Guimond, Dr. Bob Stein, Dr. Victor Feder, Dr. Zohar Waisman, Dr. Franklin Wong, Dr. Leigh Solomon, Dr. Alan Lowe, Dr. Rob Zalan, Dr. Alan Fung, Dr. Stephen Gelber

**Location:** North York General Hospital is conveniently located on the subway line as well as the GO-train line, at the intersection of the 401, Don Valley Parkway, Sheppard Avenue and Leslie.

**Seminars**

**Academic Activities**

North York General Hospital has a busy family practice residency training program as well as residents in five other specialty disciplines, and psychiatry clinical clerk trainees. Weekly General Psychiatry and Psychotherapy seminars are held on site and residents can also participate in seminars at nearby Sunnybrook and Women’s College Health Sciences Centre. Supervisors provide supervision a minimum of four hours per week. The Department of Psychiatry has weekly accredited Grand Rounds.

**Geriatric Psychiatry Program Description**

**Supervisors:** Dr. Goran Eryavec, Dr. Franklin Wong, Dr. Anne Ferguson.

**Program Description:**

North York General Hospital is a busy community teaching hospital with a strong primary care and community service delivery mandate. Care of the Elderly is one of four strategic priorities for the hospital and is provided through an innovative and integrated Geriatric Psychiatry/Geriatric Medicine service delivery model. The Geriatric Psychiatry service includes a 10-bed inpatient geriatric psychiatry unit, a geriatric psychiatry consultation-liaison service, outpatient geriatric psychiatry clinics on two sites (General and Branson) including a weekly Memory Clinic, a geriatric psychiatry day treatment program and an outreach service providing home visits and consultation to nursing homes.

North York General Hospital provides a unique opportunity for residents to experience geriatric psychiatry in a community teaching hospital setting. A large majority of our referrals are patients who have never seen a psychiatrist. This provides trainees the opportunity to be the first to make a diagnosis and initiate treatment. A biopsychosocial model is used in our approach to patients and their families including pharmacotherapy, psychotherapy, family therapy, group therapy and ECT.
Residents will gain clinical expertise in the assessment and management of elderly patients in an acute general hospital inpatient setting. They will be a member of a skilled and experienced inpatient geriatric psychiatry team with two geriatric psychiatrists (including the supervisor), a clinical clerk in psychiatry and interdisciplinary staff including psychology, social work, nursing, pharmacy, recreation therapy, PT, OT and their students. Additional clinical experience will be arranged in the geriatric psychiatry service of interest to the resident.

Academic activities at North York General Hospital include weekly Grand Rounds and monthly Geriatric Psychiatry Rounds. Residents will receive six hours of individual supervision per week.

**NYGH CHILD PSYCHIATRY RESIDENT TRAINING PROGRAM**

**Coordinator:** Dr. Lara Propst (Email: lpropst@nygh.on.ca)
Tel: 416-632-8740, Main Clinic: 416-632-8703

A wide variety of child, adolescent and family problems can be seen at this hospital. Royal College requirements for child psychiatry can be met during a six-month rotation. Residents are assigned a Primary Supervisor on the inpatient service for assessments and management of acute and recurrent illnesses. Residents may also be assigned one or more Secondary Supervisors for further experience and longer term treatments such as various psychotherapies and pharmacological management.

**Clinical Assignments:**

Six-month or career residents in their first half-year can be assigned to supervisors at NYGH:

**Primary supervisors include:**
Dr. Lara Propst (Outpatient children and youth)
Dr. Leigh Solomon (Inpatient children and youth)
Dr. Bob Stein (Day Hospital and outpatient youth)

**Secondary/Psychotherapy supervisors include:**
Dr. Gillian Sussman (Outpatient Children and Youth)

**Major Service Descriptions**

**Inpatient Service:** Residents participate in comprehensive assessments of children, adolescents and families. Patients admitted usually suffer from severe psychiatric disturbances such as psychosis, major depression, incapacitating OCD and acute crises. Partnership with the Griffin Centre results in admission of patients with comorbid developmental delay and autism. Residents will get an excellent experience working with a child psychiatrist and a very competent multidisciplinary team in the assessment and treatment planning of very disturbed children.

**Supervisor:** Dr. Leigh Solomon.

**Day Hospital:** Residents work with children and adolescents who have been discharged from the inpatient service and are not yet ready to return to school and need a transition period to facilitate recovery. Other patients are admitted to this service from the community when they do not require admission to hospital but are not able to function at school and need a short term alternative. The focus will be on rehabilitation and re-entry into the community.

**Supervisor:** Dr. Bob Stein

**Ambulatory Clinic:** The Ambulatory Clinic is a multidisciplinary service for children, adolescents and their families. It represents a typical broad based mental health clinic which provides assessment, consultation to family physicians, paediatricians and other mental health workers, as well as ongoing treatment. Patients are referred with anxiety
disorders, mood disorders, ADHD, conduct/oppositional disorders, family crises, early psychotic symptoms and diagnostic dilemmas. Many assessments are done in a team framework with a psychiatrist and social worker and treatment is co-ordinated according to the needs of the case.

**Supervisors:** Dr. Bob Stein, Dr. Lara Propst, Dr. Gillian Sussman

**Eating Disorders:** This program consists of assessment, short term medical stabilization, outpatient groups for adolescents and families, and Day Hospital for adolescents who require intensive medical and psychological treatment for eating disorders. Residents may take part in the multidisciplinary team that works with these patients. NYGH is part of the Tri-Hospital Network along with HSC and UHN.

**Psychotherapy:**
Child Psychotherapy cases can be supervised by either Primary or Secondary supervisors for short or long term dynamic psychotherapy. Residents may also receive supervision from psychologists trained in Cognitive Behavioural psychotherapy. They will be exposed to family assessments and therapy with social workers. NYGH is able to provide supervision for adult cases on-site.

**Rounds:**
Grand Rounds for the entire department of Psychiatry occur the first three Fridays of the month at 9:00 am. Combined Child and Adolescent Rounds occur the fourth Wednesday of the month at 9:00 am. The resident will be expected to present a case or topic at one of these rounds.

Dr Bob Stein MD, FRCPC  
Child and Adolescent Psychiatry,  
Postgraduate Education Coordinator  
Child and Adolescent Psychiatry  
North York General Hospital  
Tel: (416) 756-5991

**General Description**
CAMHU offers residents completing the core child psychiatry rotation and child psychiatry career trainees a full range of clinical and educational opportunities. The child psychiatry program operates within a large community teaching hospital that trains undergraduate and postgraduate students from different disciplines. It is a site for core trainees in general inpatient and outpatient psychiatry. The hospital is committed to developing excellent educational programs and is active in the area of continuing medical education. The clinical training experience is based at the North York General Hospital (NYGH) site and at the Branson hospital site. The Royal College training requirements for child psychiatry can be met at this site.

Primary Supervisors  
Dr Bob Stein - Tel: (416) 756-5991  
Dr Leigh Solomon – Tel (416) 756-6646

**Brief Descriptions of Clinical Services**

**Inpatient/Day Hospital Services:** NYGH is Schedule 1 Hospital which means that it can admit both voluntary patients and involuntary patients (*under the Mental Health Act*). The CAMHU has a busy 6-bed inpatient unit for children aged 0 to 19 years (*average age at admission is 14 years, average stay is approximately 10 days*) presenting a wide range of psychopathology including child and adolescent-onset psychotic disorders. The day program has 6 spots for children and adolescents and functions as a step-down and step-up unit for the inpatient program (*some children remain as day-patients only*). The day program has a somewhat younger population. The General site has an urgent care team which assesses children and adolescents requiring assessment within a 24 to 48 hour time frame. Dr Solomon also provides consultation during daytime hours to the Emergency Room and residents can participate in these consultations.
**Ambulatory Services:** The Branson hospital site has a busy outpatient service seeing children of all ages and with all types of psychopathology. Residents will have the opportunity to do individual and family assessments and follow children for medication management or to provide psychotherapy. The child psychiatry program consults to acute psychiatric admissions to the pediatric medical service, outpatient pediatric clinics, and to the Griffin Centre for children with developmental disorders and disabilities. (Dr Stein)

**Eating Disorders Day Program:** The Eating Disorders Day Program is a 6 day/week intensive program for adolescents with moderate to severe eating disorders. (Dr. Seena Grewal)

**Supervision and Case Assignment**

The site is not reliant on residents to maintain the clinical service. The supervisor will assign cases according to the residents learning needs and will monitor caseload with the resident to ensure a good balance of cases (age, gender, clinical presentation etc). The Core Child Psychiatry Rotation Objectives provide a guide as to the types of cases that will be seen. Each resident will have a primary clinical supervisor and one or more secondary supervisors who will provide psychotherapy supervision. Psychotherapy supervision is available in individual psychotherapy and family assessment and therapy. Residents will be able to meet Division of Child Psychiatry psychotherapy supervision requirements and can continue adult psychotherapy supervision with off-site supervisors.

**Grand Rounds:**

The residents will also be expected to attend and present at Psychiatry Grand Rounds at NYGH.

**Psychotherapy:**

Psychotherapy supervision is available in several modalities: cognitive behavioural individual/group, psychodynamic, mindfulness based cognitive therapy.

**Research:**

Research is conducted at the site, currently in the eating disorders program and in collaboration with faculty from The Hospital for Sick Children. It is anticipated that further collaborative projects will be undertaken. This is not primarily a research site within the Division of Child Psychiatry but interested residents can discuss opportunities to be involved in research with Drs Geist or Solomon. Research opportunities may also be available with Dr. Alan Fung in neuropsychiatry.

Residents on core rotations are not required to teach or be involved in research activities but their interest is welcomed. Career track residents are expected to be active either in teaching or in research. There are ample teaching opportunities at NYGH including teaching in the MD program (clinical clerks and elective students), teaching other disciplines, presenting at clinical rounds or at the site Department of Psychiatry Grand Rounds.

**Seminars:**

There are no formal seminars at North York General Hospital. Instead they have been replaced by a twice monthly interviewing skills course.

**Interviewing skills:**

Residents can attend a twice monthly interviewing skills course. These sessions will focus primarily on interviewing skills, mental status exam, presenting a case, management and biopsychosocial formulation.
**Supervision:**
Supervision is in accordance with enabling objectives.

**Teaching:**
Residents may be involved in teaching other psychiatry residents and family medicine residents.